

# What is the relationship between the intake of milk and milk products and bone health? (DGAC 2010)

## Conclusion

Moderate evidence indicates that the intake of milk and milk products is linked to improved bone health in children. Limited evidence suggests a positive relationship between the intake of milk and milk products and bone health in adults, but results are inconsistent due to variability in outcomes considered.

## Grade: Moderate

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades, [click here](#).

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## Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What is the relationship between the intake of milk and milk products and bone health?](#)

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## Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[What is the relationship between the intake of milk and milk products and selected health outcomes?](#)